

# Kirkstall Harriers Newsletter

No. 112 March 2013



## News in brief

### \* Presentation & Curry Night

We are holding a presentation evening at the Sheesh Mahal restaurant on Kirkstall Road on Friday the 15th March. The cost is £12 per head which we think is great value. We will be in function room upstairs. Presentation of the following 2012 trophies will be made on the night:

- \* Club championship 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup>
- \* Sportsman/sportswoman of the year.
- \* 5k Time Trial 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup>
- \* Plus other surprise awards and spot prizes!

If have not put your name down for the event which is limited to 40, please let Jill Stocks or Peter Hey know if you would like to join us via the club email or during notices on the regular training nights.

### \* Club AGM

On Wednesday the 27th February we held our annual general meeting, an opportunity for the membership to hear how the club has been run over the last 12 months vote on changes etc. For a full report please turn to **Page 7** To find

out who has volunteered to do what for the next 12 months on your behalf!

### \* Subscription Changes

Due to England Athletics increasing their membership rate from £5 to £10, it was voted at the AGM, that the membership cost for Kirkstall Harriers is now £25 per annum from the 1<sup>st</sup> March. Annual subs are now due for all members. Those who joined more than half way though the last year will receive a discount on their 2013 subs and will be advised by email how much they need to pay for this year. This will include the additional England Athletics fee.

### \* Kirkstall Harrier Easter 'Bunny Hop' Run

Plans are afoot to hold another fancy dress fun run on Wednesday 27th March the last training session before Easter, well we all know how much the kirkstall Harriers like getting dressed up and running around Leeds! Route and other details will be made public shortly in the usual manner.

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*Left:*

*Richard Joyce PB hunting at an even tougher than normal Liversedge Half Marathon, due to sleet and snow, did he get his PB? Find out by reading Joycie's excellent race report on page 4 (Photo courtesy of Andrew Har-daker)*



*Above: The water jump's easy when you can run on air! (Peter Branney romping away to another excellent PECO victory!)*

## PECO Cross Country League -

Sadly, or gladly depending on who you are, the last Peco cross country is fast approaching, or maybe passed if you are reading this late. (Or if you didn't get the newsletter finished on time— Ed) Everyone who has raced at least one race has helped the club to secure another season in the Premier League – unless they change it to 3 leagues. Let's see if we can go out with a bang and get as many runners as possible to the last venue which is very local. Boddington Fields is next door to Weetwood Police Station as you cross the ring road on Otley Road. Mathematically – if all our fast men enter, we could win the race, based on the results of the previous results. The race starts at 11.00, but try to register for 10.30. Anyone wanting a lift is asked to meet outside the LPSA club at 10.00am, for the race information checkout the PECO website: <http://www.pecoxc.co.uk/pages/race5.html>

### PECO CROSS COUNTRY RELAYS & SEASON PRESENTATIONS

PECO are organizing a relay event at Temple Newsam on Sunday 10 March at 11.00am. Teams of three can enter. We can have as many teams as we like, so please let us know if you wish to take part. The run will be a 3.5 mile cross country route so each runner in a team runs approx. 3.5 miles. Updates of teams news will posted on facebook and the web site.

Following the relays, presentation of this season's PECO trophies and prizes will take place in a pub local to Temple Newsam starting at 2:00pm (details of the venue TBC, so check the web site).

## RACE REPORT



*Photos: Clockwise from top Left; Before the mud-fest group photo. Stewards enquiry - an assisting hand on Emma's back? "I've got short legs, I need a trampoline" - Emma running well once again. Pete showing perfect form as he tackles the water jump.*

*Richard Thomas: "I believe I can fly". Phil: a best-ever 8th place finish. Most photos: c. Alan Brydon's Dad*

Race 4 at Barnbow Social Club (the old John Smeaton course) saw a number of debuts, with the ladies just beating the men for attendance. First overall, in consecutive races, was 2nd claimer Pete, all the more impressive since the top 10 briefly took a wrong turn halfway round and he briefly found himself back in 11th. Also a massive 8th place from Phil, whose form & results just keep getting better. Will Thwaite debuted with a solid 173rd, & Alan Brydon almost debuted but had to run as a guest with his switch from Valley not yet having come through. Several best-yet scores for others, including Matt in 43rd, Graham in 97th, and a top 8 performance from M65 (& this month's Member Profile) John H.

For the ladies, despite a very close look at the ground both times over the water jump, Emma finished a solid 6th. Shamiso, Ashleigh, Marion & Alyson made up a strong top 5, with Harriet, Collette, Vikki (Peco & KH debut), Carol, Karen, Rhona, Jill, Bal, Diane Thomas, Samantha (Peco & KH debut) & Laura making a very impressive ladies team. Not all clubs are able to field a minimum 5 girls, whereas the purple army had 16 ladies to 15 men. **Adam Moger**



## News in Brief cont...

### \* Messages from Home & Abroad

We recently received this message from Matt Marsh;

*I was knocked off my bike on the ring road back in September and suffered knee and back injuries. I was given the go ahead to start light training again at the start of February and I am starting to make good progress, although I am very slow!*

*I'm confident that I will be fit enough to take part in Millennium Way and LCW if spaces are available on the team. I expect it to take about 6 months to get back to full fitness but hope to be relatively competitive again in 3-4 months.*

We as a club wish him well and I'm sure Adam M can find a spot in our summer relay times! *(Glad to hear that Matt is on the mend but I can't help feeling that Matt's very slow*

*pace would be me at absolutely eyes out stonking! Matt for however briefly you may stay, welcome to the back of the pack mate—Ed)*

If you are a former member or just one that got away but you are still reading the newsletter please get in touch we would love to hear what you're been up to.

[kirkstallharriers@gmail.com](mailto:kirkstallharriers@gmail.com)

## Yorkshire VET - Sunday 3rd February

### TRINITY AND ALL SAINTS UNIVERSITY 10.30am

Hopefully all those who ran enjoyed the very muddy conditions. We did have a lower than usual turn out for both the men and the ladies, but still managed to finish in the top 10 clubs. Let's see if we can get more of you out at the picturesque route of Honley on Sunday April 28<sup>th</sup>. These are a mixture of off and on road races of about 6 miles and are there to attract all runners 35 or over. They are so popular you even get quite a few "youngsters" guesting. Every "vet" who finishes, scores points for their team. There are prizes for the individual winners of each race as well as spot prizes. At the end of the year there are also club and individuals awards to be gained provided you have done 7 races out of 10. Only 8 races are known so far, the remaining races being

Sun Apr 28<sup>th</sup> – Honley – 11.00am (Club Championship)

Tue May 28<sup>th</sup> – Bingley – 7.30pm

Tue June 11<sup>th</sup> – Pudsey – 7.30pm (Club Championship)

Mid June tbc – Meanwood – tbc

Tue July 30<sup>th</sup> – Cross Gates – 7.30pm

Wed Aug 7<sup>th</sup> – Knavesmire – 7.30pm

Sun Nov 10<sup>th</sup> – Spenborough – 11.02am

*Please note that any member of the club can run in the vets races. If you are not a vet runner (age 35 and over), you just run as a guest.*

## MINI RACE REPORT

A new venue for the Horsforth race, at TASC, and an interesting course of field, path, road, gradient and mud. We were supported by TASC employee Sheila - recovering from an Achilles injury but not yet up to an XC race. Marion, Rhona, Karen, Carol, Bal & Laura ran for the ladies, with myself, John, Mark, Richard, Paul (only 6 seconds off the top 4), Peter, Burjor & Patrick.

New member Alan Brydon ran as a Guest, his position of approx. 20th being all the more impressive for wearing road shoes, on a very boggy course. With only 8 races scheduled in the series, it's 6 to count, so anyone who didn't make this first race can only afford to miss one more, the next race not being until 28th April.

### Adam Moger

*(Sorry folks, I couldn't find any photos of the VET race, if anyone takes a good snap of any race please send it into us here at Kirkstall Towers and we will stick in the newsletter, we like pictures! - Ed)*

## Liversedge Half Marathon, a PB attempt by Richard Joyce

Last year was my first Liversedge Half Marathon and my 7th Half Marathon of my running history. My previous PB before this race in the distance was 1:31:36 and having heard off many of my fellow Kirkstall Harriers team mates I was very prepared for a tough hilly course, not expecting to come too close to a PB, but how wrong could I be?

I smashed my PB by seven minutes in a time of 1:24:15 and probably ran the race of my life at the time. I really enjoyed the course, although it was hilly, after going up a tough steep hill there was always a chance to have a breather on the way back down, I find it is a course that seems to flow, put the effort in the hills and let the gravity do all the work on the way down. I had tried four or five times to break the sub 1:30:00 barrier and always came within a minute or so of it, very frustrating and to break it this time last year it gave me a whole new level of confidence in Half Marathons and running in general. I do believe that joining Kirkstall Harriers four months previous did help massively as I was getting some good training in.

This year my target for Liversedge was obviously to try and match or beat my PB. I felt at the time last year I ran above myself so I wanted to prove it was no fluke by doing it again this year. I failed to beat my PB in the Leeds Half Marathon (1:27:34) a couple of months after, although I was carrying a calf strain so I have really been waiting for this race since then. Leading up to Liversedge I felt overall very fit cardio wise and in tip top condition, but I had lost a lot of confidence from the Northern Athletics Cross Country Championships in Liverpool the week before where I really struggled in the mud and snow and since have questioned not my fitness but my desire and heart when the chips are down so I had mixed feelings coming into this race.

The weather forecast was predicting heavy snow falls around the region and there were some question marks whether it may get cancelled but I was hoping for me and everybody else from Kirkstall Harriers who were running in this Club Championship race that it would be on. The conditions on the morning of the race were very cold and bleak. The snow was coming down thick and fast and I and our fellow Kirkstall Harriers prepared ourselves for a tough battle ahead to conquer this tough course in tough conditions.

So the race began and I tried to run at a similar pace to how I began last year at around 6:30 miles pace, using my guess work (as I don't use a stopwatch generally or a technical runners watch) and I was trying to keep up with the leading pack, as I did last year. I finished 18th last year so was hoping to maybe beat that position. So 3 miles in and I thought, 5K done and I feel very comfortable, I was looking forward to tackling the big hills ahead. The hills came and I drove (not in a car don't worry lol) myself up them through the harsh sleet and icy rain and made the most of the other sides just letting my legs flop and gaining speed using gravity, I passed two runners on the very large downhill slope and used a quick breathing technique to avoid wasting any air in my lungs. Seemed to work haha.

I pretty much felt reasonably comfortable throughout most of the race just as I did last year, I think that was due to sticking at the same pace (I calculated from my time after the race I was running 6:25 miles pace) and not getting involved in silly battles with other runners which I sometimes get sucked into, I ran at my own pace and ran my own race, which if you are aiming for a target is the best way to go about it in my experience.... As the last two miles approached though, I was looking over my shoulder as I didn't want to be overtaken late on and lose position. I began creeping up on runners ahead and was getting a real buzz from seeming to gain pace rather than lose pace at this late stage. My confidence grew and in the last two miles I overtook 4 runners to eventually finish in 21st position and in a time of 1:24:17.... equalled PB by minute but 2 seconds out from equalling my PB exact.

I missed out on beating my PB by three seconds and although it is very gutting, I was very happy and proud due to the harsher conditions this year. It was very cold last year but with the rain, sleet and snow on top it was much tougher this year. The only stupid thing I did was probably mess up my chance to gain those three seconds leading up to the finish line. My friends Simon and Emma who came to watch were filming me towards the finish line and instead of putting an early sprint on I played to the camera and waved and was looking behind making sure no one overtook me, If I'd have just put my head down I'm sure I would have beaten my PB, even if it was a second. OH DEAR. Haha.

I really do believe this is a PB course without a doubt, last year several Kirkstall Harriers got a PB on this course and this year so did Adam Moger and Paul Miller so well done to you guys in very tough conditions. I think although it is hilly, there is always a downhill and the finish is reasonably flat so if you are having a race where you feel up for hills, it's always a good choice for a PB I feel.

Video footage of the start of the race filmed by my friend Simon Allinson can be found on my RJ Sports You Tube Channel [www.youtube.com/rjworldsportsnews](http://www.youtube.com/rjworldsportsnews)

*Well done Richard I think you should call that a Winter Half PB, brilliant work mate, championship update on page 6—Ed*

## Member Profile - John Hutchinson



*Out of respect of Johns many years of loyal membership of the club this is a special two page profile, that and he gave us some many brilliant photos we wanted to include as many as possible. Enjoy!*

**Age:** 65 (but will be 66 April 2013)

**From:** Leeds (born and bred)

**Occupation:** College Lecturer (Retired)  
Main subjects: Engineering, Metal Fabrication and welding

**Time as a Club Member:** I joined Leeds Postal harriers April 1988 and continued to be a member when we changed to Kirkstall Harrier. I have had lots of luck, an excellent time doing a wide range of events and also met some wonderful people.

**In The Beginning:** (This really needs explaining)



Back in 1978/79 I was on a Teacher Training course at Huddersfield Poly (as it was then). I saw myself on CCTV during a lesson---'Shock Horror'--- All 12.75 stone of me!!! In those days I had a weight problem. The fact that I didn't recognise myself and I had two small children made me realise I must do something about it.

I went out and bought a pair of hiking boots and started fell walking. For the following 2/3 years I did lots of walking, then in the early 80s running became very popular. I bought my first pair of trainers PUMA £2.50 from Woolworths.

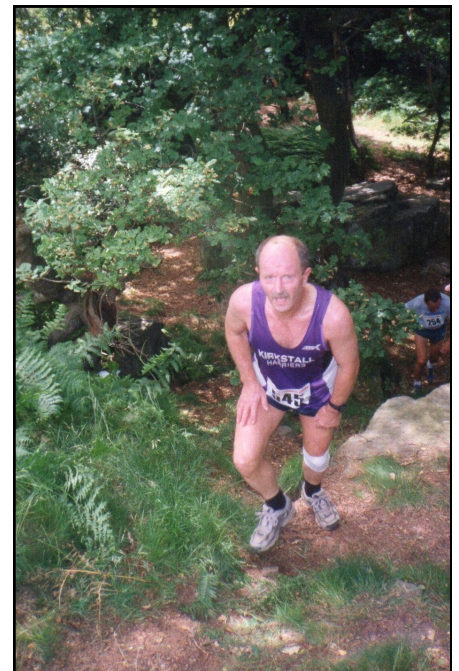
I would get up 6.00am (so no one would see me) and go round the local park jog-walk-jog 2 laps = 1.5 miles (7 days a week). After a time, with my weight down I managed to do a Sunday long run 5/6 miles. After a number of months I had increased the mileage to 13/14 with a target of a half marathon. (A running friend at work suggested it) The Wakefield White Rose Half Marathon was my first ever organised run!! SCARY!! I think the date was around 1984/85



Around this time I met Neal Shotter (Another of our long term club lunatics, sorry I mean member-Ed) in the local pub, during our conversation about out-door pursuits we found we had a common interest. We've been good mates ever since. In the early days we did lots of long distance walks (25milers+). Most were organised by the LDWA (Long Distance Walkers Association). We soon found that a

steady walk developed into a fast RUN!! and rivalry between some of the FRIENDLY competitors was vicious.

In the early running boom years the running magazines cost 30/40p and runners who didn't belong to a club could be affiliated to AAA (Amateur Athletics Association). It cost £2.50 per year and races had a 50p charge for non-club members, if you did more than 5 races you were in pocket.



Eventually the AAA withdrew the affiliation idea and advised runners to join a club. Because of work constraints I could only train Mondays and Wednesdays, hence I joined the Harriers in April 1988 (In April this year I'll have been with the club 25yrs). Its very rare I train with the club now, mainly because I am a morning person and being retired I can get my miles in during the day. I think it was about the mid 90s, club membership was down and a small group including Dave Spink, Don Harrison, myself and occasionally others trained together mainly off road routes. Currently Dave is injured but I've no doubt as soon as he is fit we will be back on the off road routes again whenever possible through the day. The EXEPTION IS OTLEY CHEVIN WEDNESDAY NIGHTS in the summer months

**Motivation:** Initially - weight control, improve general fitness level and a form of stress relief



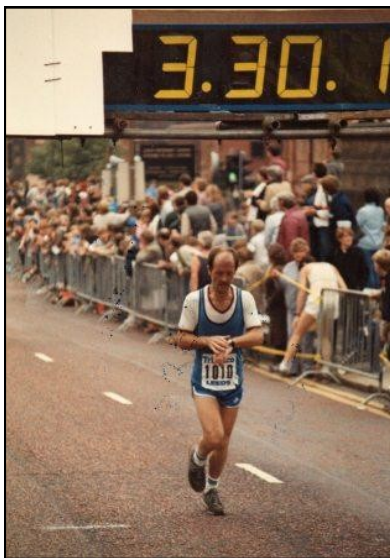
Now it's more enjoyment, relaxation (mental), sense of achievement by finding a new route in the dales and also when running you tend to meet a nicer type of person.



### Running Achievements/fond

**memories:** Recent: 1<sup>st</sup> over 60s woodlands challenge 2010. 2<sup>nd</sup> over 60s Leeds half marathon 2011 & 2012

1<sup>st</sup> over 50s Bramley half marathon. Completing The New York Marathon 1997. London marathon 1988, 90 & 91. Other marathons include Leeds x 4, Snowdon, Sheffield and Selby (All the above are road races)



### Memories: Most outstanding

Supporting Neal Shotter during his successful Bob Graham Round Adventure (17 mile section over the Helvellyn Range) (mid-afternoon) and then meeting the full team on top of Skiddaw 10.30 pm for the 'run off' to finish in Keswick before 12.0 midnight

The Great British Three Peaks – Ben Nevis, Scafell Pike, Snowdon

Lots of off road and fell events – 3 Peaks of Yorkshire – The Haworth Hobble (33ml) – The Mallastang Marathon (30+ml) – The Dales Traverse

(30+ml) – The blubberhouse 25 to name but a few.

The Leeds Country Way Relay ALL 22 years (the year Kirkstall could not get a team I ran leg 3 with Fell and Dale (I have a full collection of pottery trophies) How sad is that!!

I also enjoy cycling – Completing the CtoC (coast to coast) twice and cycling from Liverpool to Leeds on the canal side are adventures I can recommend.



I could go on listing 30+ years of good memories but I'll stop there. However there is one other thing (a strange idiosyncrasy) being an engineer I have this thing/interest in bridges and large structures. I have very happy memories of crossing (running and walking) the

following:-The Humber Bridge (half marathon) – Sydney harbour Bridge (walk over the top!) All the bridges on the New York Marathon 5/6 – Auckland Harbour Bridge N.Z. and last year I achieved another ambition and ran across the Golden Gate (San Francisco)

**Worst memories:** Like all runners some of the worst are the injuries we seem to pick up for NO!! reason. However, During the trimoco Leeds Marathon 1985 I hit the wall!!! I was going extremely well 20mile mark 2.5hours (WOW) I got to 23.5ish and bang?? I staggered down Kirkstall road and up onto Burley road I felt dreadful. Finishing time 3hr-30min. After the race, when I came round (about an hour) I went to the local pub, I felt so bad I couldn't finish my pint!!! I then went home for a good sleep. The following day I was ok and able to do a steady short run.

**Words of wisdom:** If you're not enjoying it don't do it and remember it's great when you stop/finish.

Keep records and put a note on the back of photos, looking back on historic events can be very rewarding (did I really do that???) **I regret that I didn't.** I now have to look through old diaries to work out years and dates.

Don't worry as your age creeps up as the VETs field/category gets smaller and your performance reads better on the results list.



*All the photos supplied are from the Hutchinson Family Archive, we hope you enjoyed them as much as we have here at Kirkstall Towers!*

## **AGM report — Chris Glover**

There was a very good attendance at the AGM on 27 Feb in the LPSA club.

Tony Downham delivered the Treasurers report showed that the club have a modest surplus to show for the past 12 months.

Jill Stocks delivered the Secretary's report and commented on a very successful year for the club. We ended the year with 116 members (10 up on last year). The club is thriving and we have had many great running performances though the year. The club championship remains popular and the Facebook community is always busy with news and comments. The KA7 was a big success in 2012 and we hope to improve on that this year. Jill asked for a volunteer to take on the club stand at the Kirkstall Festival on July 13th this year as she has other commitments on the day. This is still open, so if you can help, please let Jill know.

### **Election of Officers:**

Peter Hey stood down as Chairman after many years of service to the club. Peter explained that he wishes to let younger members of the club take over at a time when the club is thriving and we have many in the club who are willing give up time and effort. Peter has been a dedicated and very hard working Chairman for the last 6 years and as Treasurer before that. We are sure that the whole membership would like to thank Peter who is a great ambassador for the club. Peter will still be very active in the club and intends to remain very much involved.

Tony Downham stood down as Treasurer after 6 years due to personal commitments. Tony has been a prudent treasurer over those years and the club remains financially sound thanks to his wisdom, guidance and effort. Thank you very much Tony for your hard work. Tony remains on the committee.

Chris Glover put himself forward for Chairman and Paul Miller put himself forward for Treasurer. Both were voted in and we hope you will all support Chris and Paul in their new rolls. Jill Stocks remains as Secretary.

### **Election of Committee Members:**

Paul Miller stood down from Mens Team Captain now that he is the new Treasurer. Adam Moger put himself forward and was voted in. The roll of Mens Vice Captain vacated by Adam was filled by Jason Buckley. Collette Spencer stood down from Ladies Team Captain and the committee. Thanks to Collette for her efforts as Captain and on the committee. Marion Muir was voted in as Ladies Team Captain. Alyson Glover remains Ladies Team Vice Captain.

A proposal to increase the number on the committee to 13 was passed and the three spare places were filled by Marion Muir, Jason Buckley and Kieran O'Brien. The remaining members of the committee who wished to stand again are: Tony Downham, Adam Moger, Eleanor Gallon, Richard Thomas, Carol Moran, Bal Sandhu and Matt Sykes-Hooban. They were all voted back onto the committee.

Peter commented that it was great that we had so many people coming forward to work for the club. Thank you to all those who have volunteered and please give them your full support.

Subscriptions were increased by £5 due to an increase in the England Athletics fee of £5. This means that full membership for 2013 is £25. LPSA members will pay £20. Jill Stocks explained that this has been forced on all running clubs affiliated to UKA. However, Kirkstall Harriers remains one of the lowest costs clubs in Yorkshire.

**Chris Glover**

## **Kirkstall Abbey 7 2013**

We know it is early but we have set the date for our race in 2013. It is Sunday 22<sup>nd</sup> September, so put this date in your diaries as we will be asking for more of the great support we received from members last year to host the event. We hope to make the 2013 KA7 as big a success as it was in 2012.



## Snake Lane 10—24th February 2013

This is a fast, flat chip timed 10m road race which is very popular and sells out to it's max number of 1000 runners in a matter of days. We only had entries because Adam had posted on facebook that entries were open and we were quick to react. I have not run this race before but I was anticipating a PB course. Adam had warned me that that there were some hills though. Alyson and I met with Paul Miller and Andrew Kirby and we travelled together to Pocklington. Paul was still suffering from a virus and was not expecting to run a fast race. The race HQ is at Pocklington Rugby Club which has a large club house with vast changing facilities. The race start is a few minutes' walk from the rugby club. The weather was cold but bright and sunny. We bumped into Phil Hewitt at the start. He was just there to watch.

The course was flat and the "hills" that Adam had warned me of were more like gentle inclines. I targeted under 7 min miles to make sure I came under my PB of 01:10:46. The flat course made it easy to keep a constant pace and I even speeded up in miles 4, 5 and 6. Three out of the four of us did get new PBs. Paul struggled round and finished in 01:08:10. Not a fast time for Paul's standards. Alyson's PB was 01:21:15 (previously 01:28), Andrew's 01:12:30 (previously 01:30) and mine 01:08:03, so we were very pleased with results as you can see in the photo, especially Andrew who had improved on his Eccup 10 PB by nearly 20mins. This is also probably the only time I will finish a race in front of Paul! The race memento was a pottery mug (like the LCW pottery) and I got a spot prize beanie hat with the race logo on (which was nice). Back at the rugby club there were bacon butties, tea & coffee on sale and the bar was open. Overall the event was very well organised and marshalled and a very enjoyable day out. I can fully see why it is so popular and we will be back for more next year if we manage to get an entry again! **Chris Glover**



*Happy new 10mile PB'ers!*

## National Cross Country Championships — A Picture review

They say a picture speaks a thousand words, well here are two pictures that tell a story of well slightly fewer words than that actually. Right is a photo of Marion's beautiful new trail shoes at the recent National XC champs, far right is a photo taken of the same pair of said trainers at the end of the National XC champs! Running although very enjoyable is never without a certain degree of pain.... Which may not always physical. After chatting to the few brave souls who ventured North on our behalf I feel that these pictures sums up the day nicely— Muddy! *(Also you probably have to question Marion's decision making ability too! —Ed )*



## 5K Winter Time Trial Series

### 20th February

Due to the heavy snow the time trial was postponed to the following Wednesday because we know how much you all like doing this run. We had 22 runners on the night despite it being very cold. Unfortunately two of our ladies did take a wrong turning. Fortunately they found their way back but rather later than the others – but did promise to come back again. The first three over the line were Carol (at long last) in a run time of 26.23, Vicki Daniels 25.31 (one of our newer members) despite me getting her name mixed with Gemma, and Andrew Kirkby 23.05.. The fastest runner on the night was again Richard Joyce in 18.19 – his slowest of the season!! Many thanks to Paul Miller for going down with a viral infection (*Not sure how planned the viral infection was or how wise it was to stand in the freezing cold for an hour but hey that's the Harriers mentality for you—Ed*) and helping on the night and making it a success. The next and final run for winter should be on Mon 4<sup>th</sup> March.



## Rombold Stride



Photo: Patrick on the flagstones over Rombalds Moor. c.Eileen Woodhead

Officially a Long Distance Walking Association event, more than half of the 500 entrants run (and probably more set out intending to). Starting at Guiseley, it loops through Esholt, across Baildon Moor, Rombalds Moor, Ilkley Moor, then up (up, up) over the Chevin and back down into Guiseley. Friendly, occasionally epic, and great cakes/biscuits at checkpoints, but with some serious route-finding, 11 checkpoints to clip, 22 miles to cover, and over 2,500 feet of total elevation.

Conditions were frosty and clear, great for skirting over the many bogs, though still some deep mud in places. Times were generally slower, possibly because of one slightly askew checkpoint that made everyone double-back. Convinced I'd run it in 3hr 20mins last year, I gave it everything on seeing 3hr10 on the watch with 2km to go - as I looked it turned 3hr11 - still tight, but all downhill, I could do it! 2km later and I'd clearly misjudged the distance. So 3hr21, but I later discovered I'd run 3hr27 in 2012's race and was delighted to finish 15th, gaining 5 places over the final miles.

Patrick finished 226th in a respectable 5hr36, avoiding the worst (but not all!) of the falls on ice & mud. Sean McAvoy also completed the course in a solid 7hr19. A hot meal at the end keeps Rombalds firmly on my list of favourite races, and although it's a fair distance and needs recce'ing, I highly recommend it. Thanks to Laura Davies for support on the way round, whilst out supporting her brother Edward (6th place) and partner Neil (99th). **Adam Moger**

## Club Championship 2013

The season got off to a fantastic start by getting a record 20 Harriers out for the hilly half marathon at Liversedge, the next two club championship races in March are the Bradford 10k road race on 24<sup>th</sup> and the off road Guiseley Gallop on Easter Sunday 31<sup>st</sup>. Early leaders in the championship are Jon Potts, Richard Joyce and Paul Miller, but there is a long way to go with 15 more races in the championship season running right through to November. Full details are on the web site.

## PBs and Worthy Mentions

Rhona 26:12 (5k), Shamiso 21:12 (5k) (*I'm not sure where these PBs were made but well done anyway on some great times—ED*)

Gemma Rathborne got a new 10k PB of 1:04:14 well done to her!

A very worthy mention to all the brave Harriers that ran at this year's wintery Liversedge Half Marathon, the worst conditions in quite a while.. But as usual it brought the best out of the Harriers including Richard Joyce who ran better in worst condition to equal his Half Marathon PB, it looks like Richard is only going to get quicker!

A PB frenzy for the harriers who made the trip to Pocklington to join 1000 runners and take on the very popular flat and fast 10 mile route. Chris Glover 01:08:03, Andrew Kirby 01:12:30, Alyson's ran 01:21:15. And a worthy mention to Paul Miller who ran 01:08:11 (whilst still recovering from illness).

## Kirkstall Harriers take over Park Run (for a day)

Date for diary: Sat 23rd March is when KH host the Leeds parkrun. We need as many as possible to volunteer, run in KH colours, & also to pace: aiming to have pacers at 20, 22, 24, 26, 28 & 30 min. Adam has already signed up Paul to do 20 min. Volunteer roles: course set-up/dismantling, five marshals, handing out number tags (+ assistant), finish control, number checker, token sorting, barcode scanning (x2), timer. If you'd like to do a specific job, let me know. For volunteers, it's an 8.15am start & should be done not long after 10am. You'll get credited on the parkrun system as having volunteered. We'll also have a cafe trip afterwards.... Idea of hosting parkrun is to promote the club, but also this will be a "test run" ahead of hosting again a month before the KA7, in order to promote our race. If you've never run a parkrun before, it's a simple case of signing up online, and printing off and bringing the barcode they email you. Details can be found here:

<http://www.parkrun.org.uk/leeds/See more>



## BUCS Cross Country Championships—Boddington Fields

Not content with running in mud I felt it necessary to go and marshal a race in the mud. As finish area officials myself and Jay did not manage to escape the mud though. In fact we were absolutely covered by the time we'd finished. As the finishers crossed the line at speed then desperately tried to stop in the increasingly deep mud you couldn't help ending up covered in mud.

BUCS is the British University and College Sports. The standard at the front end of the field (there were two mens races and one ladies) was very high and there were some excellent performances. But all runners were welcome and there were a lot of runners at the back end too. In fact one the last man home in the B race was some 15 minutes behind the guy in front of him. But he did get the biggest cheer. A very enjoyable day all in all. As an official you get free tea and cup-a-soup and you get fed.

And if you hang around long enough you'll get fed again and get all the leftovers. If you fancy getting involved in marshalling similar events let me know and I can let you know what's coming up. It's a great way of putting something back into the sport and having a bit of a laugh at the same time. **Jill Stocks**



*Jill and Jay enjoying a brisk but sunny day out at Boddington Fields*

## Steel Cup—Sheffield



*The very lucky Jill with Yorkshires finest Jess Ennis (I so jealous of this photo- ED)*

Inter-University Steel Cup, English Institute of Sport, Sheffield, February 2013. In an effort to try something new and because I've got time on my hands at the minute I thought I would have a trip to my old University stomping ground of Sheffield to officiate at this track and field event. I got there a bit early and couldn't find the event organiser so I wandered over to a table to ask for information. And found myself talking to Jessica Ennis. As you do. Anyway I've got plenty of experience working and organising endurance events so I thought I'd give track and field ago and I really enjoyed it. Though there is a lot of standing around involved. Which wouldn't have been quite so bad if they hadn't run out of tea. I worked on the shot put, measuring and retrieving, and on the long jump, calling up competitors. And of course I got fed. I hope to do my track and field officials courses so this was a nice relaxed event to introduce me to it. **Jill Stocks** (If you like Jill like a free lunch usually al fresco just keep an eye on the facebook pages for info on upcoming events)

## Congratulations!

Congratulations to Eleanor and Russell as they would like to announce the Gallon Family's new addition;

### **Louis Joseph Gallon**

Louis was born at 3.11pm on Wednesday the 27th February weighing in at 8lbs 3oz. Mother, Father and little baby Louis are all doing well and we hope to see Eleanor back at training soon! (*Only joking—Ed*)





# National Cross Country Championships

## Sunderland February 2013

Sunderland has never been my favourite place. In fact that is an understatement. The thought of going to Sunderland makes me feel slightly ill and the National Cross Country Championships did nothing to improve my opinion. Snow the previous night in the North East led to yet more difficult conditions underfoot. At the beginning of the cross country season I said that I wanted to do every race; the West Yorkshires, PECOs, Northerns and Nationals. If my knee can stand it I will have achieved this by this time tomorrow (it's midday on Saturday 2nd March and I haven't actually managed to get out of bed yet or even get as far as the kettle but there you go). But it's not been easy. Some of the conditions we have ran in have been just plain awful and this was no exception. The ground at Herrington Country Park was sodden and it was muddy enough just trudging round the field collecting numbers and putting the flag up. I was beginning to reach saturation point with mud, if you'll excuse the pun.

When I got to the start line I actually couldn't feel my toes. And I wondered whether today was the day I would finally say goodbye to them. The race itself I found pretty comfortable. The mud deepened on the second lap and was pretty horrendous for the men by the time they went round. I think my experience at the Northerns, which was one of the most difficult and miserable races I have ever done, meant that this was pretty easy in comparison but I know this was not the experience of the rest of the Harriers! Steve described it as the most difficult thing he'd ever done. There were no major hills, or nothing that we aren't used to in Yorkshire, but there was a very difficult camber to deal with near the end of the first lap which I struggled to stay upright on. The finishing straight was very difficult to negotiate by the time I got there, though I was pleased I didn't manage to get lapped by the men, who set off only 40 minutes after the women. I finished in a reasonable 54ish minutes and 406th out of 427. Sadly I didn't manage to catch Anne from Barnsley Harriers this time but I beat her in the Yorkshires and the Northerns. I'll let her have the Nationals. Till next year.

I think the worst bit of the day was after we'd finished running. Myself and Marion went to cheer on the men whilst Shamiso tried to find somewhere warm. My feet became so incredibly cold, I was sick of the mud and the temperature seemed to drop significantly. A massive contrast to last years race at Parliament Hill on dry ground and in glorious sunshine. As we queued for the park and ride bus back to the car I have never seen so many miserable faces amongst the Harriers. We went home to a Chinese takeaway and a hot bath. It took some time though to remove the layers of mud in the shower beforehand though. And the clothes were washed three times. And my socks and headband still aren't clean.

Not only was it an achievement to even take part in the race, but to complete it in those conditions is something we can all be very proud of. We can also be very proud that we are one of the very few clubs who has had a full mens and ladies team in the Yorkshires, Northerns and Nationals. And now I think I'll have a break from mud. Thank you to everyone for their support this cross country season. And to Marion for the lovely granola bars.

### Men (12k, 1085 runners)

Matt Woodhouse 59:07 650

Adam Moger 59:57 683

Jason Buckley 1:03:16 811

Liam Mealey 1:05:54 888

Steve Webb 1:10:54 983

Kieran O'Brien 1:29:01 1075

80th out of 80 mens teams (6 to count)

### Ladies (8k, 427 runners)

Emma Willits (second claim) 35:38 69

Ashleigh Ewen 42:22 242

Shamiso Sisimayi 46:12 320

Marion Muir 47:06 335

Jill Stocks 54:24 406

44th out of 46 teams

### Jill Stocks



*The hardy (some may say foolhardy) Kirkstall harriers that braved the cold conditions!*

*(The Kirkstall Harriers would like to state for the record that as a club, we really like Sunderland and all of the North East, it can be very pretty on a sunny day actually. And that Jill's comments have more to do with her being a Geordie than any common held belief in Yorkshire, Sorry Mr Cram! - Ed)*

## Leadership in Running Fitness and First Aid Courses

Those of you who were at the AGM will have heard myself and Louise Purdy talk about the Leadership in Running Fitness and First Aid courses. They are both one day courses and heavily subsidised by Leeds Athletic Network and any additional monies required can also be sourced so you will not have to pay for it. The first aid courses are pretty self explanatory.

So some info on the LIRF course for you. Once qualified, you'll will have the skills and insurance needed to deliver fun and safe sessions to groups of runners with different abilities, including new runners and those who already run but want to progress. You will also be able to register your running group, whatever form it takes, as an Official Run England Group. The Leadership in Running Fitness course addresses barriers to participation in running finding ways of appealing to those not traditionally attracted to running clubs.

What do I learn on a Leadership in Running Fitness course?

Looking at barriers to running and how to overcome those barriers

- How to develop a session & session components including risk assessment, safety, goals and reviewing practice
- Managing your group to include all abilities
- Session planning, different activities to include, importance of variety
- Goal setting – How to set and use personal goals
- Warming up and cooling down
- Correct stretching for running
- Common injuries and injury prevention
- Footwear – the basics
- Being a leader – whats expected of you

If you are interested in attending a course please let me know at [stoxy78@hotmail.com](mailto:stoxy78@hotmail.com). The next LIRF course is at Fearnville Leisure Centre on Sunday March 17th but there are also plenty after that. And First Aid courses are always popping up at Leeds Met.



## Birthdays

Happy Birthday to the following members who celebrate their birthdays in March:

\* Jason Buckley \* Tony Moran \* Patrick Nesden \* Justin Newell

## Subscriptions and New Members

There were no new members this month as we were waiting the outcome of the AGM, but hopefully we will have a few more new names in March. The subscription fee is £25 per person unless you are a member of the LPSA in which case it is £20. Membership fees can be paid direct by paypal, or cheque or cash on training nights or by post to Paul Miller 8 Heaton Lodge, Birstall WF17 9NT – cheques made payable to Kirkstall Harriers. We have also have a paypal account so you can pay online via our web site for those who wish to use it, which is proving very popular and there is an additional charge of £1 to cover admin charges.

Kirkstall Harriers meet every Monday and Wednesday at Kirkstall Leisure Centre at 6.50pm for a 7pm start. All standards of runners are welcome to join us, just turn up and say hello, we are very friendly!

Please visit our website for more info:

[www.kirkstallharriers.org.uk](http://www.kirkstallharriers.org.uk)

Please email [eleanor5446@hotmail.com](mailto:eleanor5446@hotmail.com)

[matt.sykeshooban@btinternet.com](mailto:matt.sykeshooban@btinternet.com) or [kirkstallharriers@googlemail.com](mailto:kirkstallharriers@googlemail.com) if you would like to contribute to the newsletter. All articles, member profiles, race reports and photos gratefully received.

